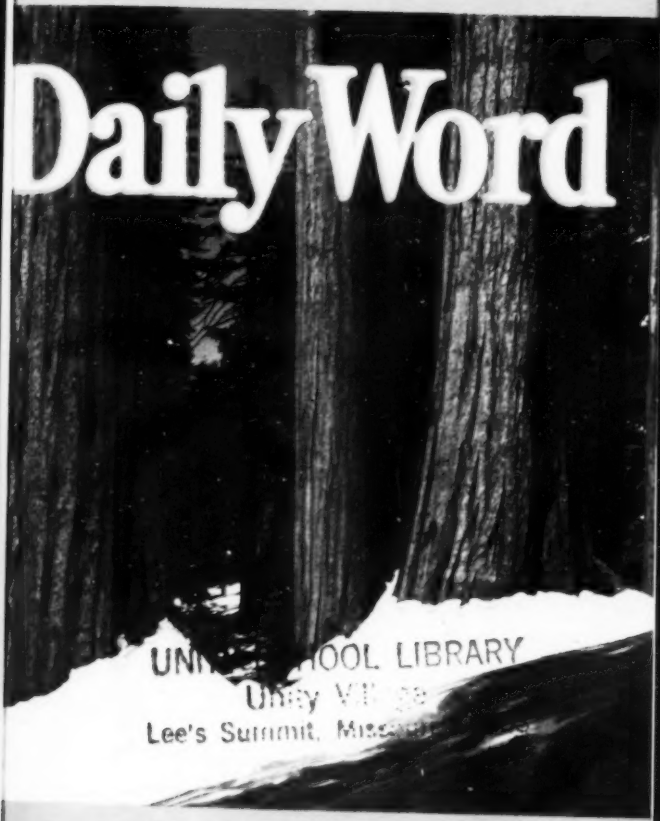
Daily Word



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A UNITY PUBLICATION

JANUARY 1956

Class Thoughts

PEACE . . . **Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.**

PRAYER FOR WORLD LEADERS: **Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.**

•

ILLUMINATION (11 a.m.): **Old thoughts and old conditions are as waters that have passed away. "Behold, I make all things new."**

•

PROSPERITY (12 noon): **My mind is now open to the riches of God's kingdom within, and I am guided into new ways of plenty and success.**

•

HEALING (9 p.m.): **I relax and rest in the knowledge that the new, pure life of God is made manifest in me.**

DAILY WORD is nonsectarian. It is published monthly by UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI. Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

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DAILY WORD

Edited under the inspiration of Silent Unity

Vol. 64 JANUARY, 1956 No. 1

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How Can I Know?

JAMES DILLET FREEMAN

This article is excerpted from Mr. Freeman's new book "Be!", published at $1 by Unity School of Christianity.

HOW can I know God is? How can I know the world makes sense? How can I know there is a purpose in living? How can I know?

These are all men's questions. When we seek for an answer to them, where shall we look?

Look out at the vastness of things. See the stars blossoming like the unfolding petals of a rose, and you sense the moving order that rules the deeps of space. Look at the least blade of grass—out of sunlight and water and air, it makes new life!—and you sense the inconceivable intelligence that works in the least of things.

And more than intelligence! If we could get at the heart of things, a heart is what we would find, something much more like heart than mind, much more like love than law, much more like beauty than reason.

Take rainbows, for example. The Bible says a

rainbow is a token of God's covenant with man. There is a reason for rain, but not for a rainbow. The universe would operate as efficiently without one, only not so beautifully, that is all. Only the Spirit of divine delight could have conceived rainbows, the same Spirit that made butterflies, those flowers with wings! And indeed all the infinite, outpouring, heaped-up, overflowing variety of things bursting the seams of the world makes me know absolutely that something is at work here so alive that life is too weak a word to describe it. The Spirit of God is not just life, not just intelligence. It is sheer exuberance, the love of joy in living! It never makes two blades of grass alike. It crowds every crack with growing things, and fills all space with universes.

Clouds form and dissolve, birds sing, insects rise, leaves tremble, flowers unfold—all is change, activity, livingness. You may be part of this livingness. The universe is as a web, beautifully woven, its threads spiraling out, linking every living thing, even every atom, so intimately, so perfectly that no least thread, no least point at the perimeter can be touched but the whole web vibrates in harmony. You can be one with this oneness of things. You need not be little and alone, isolated and meaningless. You are part of life.

One with life, you lose your sense of separate-

ness, your sense of self. No bird flies, but your thought takes flight; no bird sings, but a song is in your heart. You are brother to the fly and cousin to the cricket. You are as much a part of life as a cloud is part of the air. Who shall say where cloud ends and air begins? At its edges it is some of both. At your edges you are part of all that is, part of the livingness of life.

In the infinite flux of life, there is no separateness, there is only wholeness, only the many faces of the One.

Where shall you look to see God?

Look at yourself. Do you see a mortal, flesh-and-blood creature? That is not what I see when I look at you. I see a spiritual being. Why do I think you are spiritual? For one thing, because you have to live as if you were.

If we know what makes a creature happy, we know its true nature. To be happy, a swallow must fly. So we say it is a bird of flight. To be happy, a thrush must sing. So we say it is a songbird. To be happy, a man must try to satisfy spiritual desires. What else then can we say save that he is Spirit!

If man were a mortal, flesh-and-blood creature with only physical needs to satisfy, then a life spent in satisfying these needs should be the most satisfactory of lives. But it is the least satisfactory.

Something in you is more than flesh and blood. Something in you is wings. Something in you is song. Something in you is Spirit.

What are the longings of your heart, the aspirations of your mind? Consider them well, for they reveal the pattern in which you were formed. They are the voice of your true self, demanding expression. For this you were formed "before Abraham was." And all the forces of heaven and earth combine to bring this true pattern in you to fruition.

There is something in you that tells you you were meant for more than all you have achieved, no matter what that may be; something in you that will be satisfied with nothing less than greatness. It may settle for less, but it is not satisfied. It may be covered over with years of dusty mediocrity, of compromise and resignation to necessity. But it is there.

Something in you is Spirit, and it hungers and thirsts after spiritual things—after righteousness, usefulness, selflessness. It is not content merely to live; it has to live well!

You are more than body, more than mind. These may be altered, but there is something in you that cannot be altered. It is immortal. It is incorruptible. How do I know that this is there? Because I have caught glimpses of it. I have looked

with love's eyes. It is not only when I look at Jesus that I see God. I see God when I look at every man.

Sometimes we think we would believe if only we had a sign. "Give me a revelation, God!" we cry. "O Lord, let pass a miracle!"

This I believe, that anyone who sincerely asks for signs will have signs. Pray, pray steadfastly, and you will have prayers answered.

But do not seek for God to show Himself in supernatural ways and forget that He is constantly showing Himself in natural ways. He is the unusual, no doubt; but He is the usual, too. Do not seek the burning bush and miss the bushes glowing with bloom in your own backyard. Do not look for Him in the heavens, and pass Him by in your neighbor without speaking.

Do you seek a miracle? What is more a miracle than morning, when the light comes streaming back to earth? Or spring, when death is overcome by every greening clod? A star is a miracle, and you live on one. Thought is a miracle, and it is closest to you of all that is. Man is a miracle, and you are a man. Every moment of your life is more packed with miracles than the Bible.

But there is a knowledge of God, there is a faith in life, that has nothing to do with appearances.

For fundamentally God and life are not something we know with our brain, but in our bones, in the very marrow of our bones, the marrow of our spirit. I do not need to convince the hare that bursts from under my feet and bounds breakneck away that life is good. He knows. He may be wet and cold and alone and shelterless and hungry. Yet he knows. Every frantic leap he makes is a living affirmation of life.

The hare knows—and deep down so do we all—that one moment of life is worth infinitely more than all the non-life (if such there could be) in the world. If eternity had no other meaning, it came alive with meaning the moment life appeared in it.

For myself, I have never known with such absolute certainty that God is and that life is meaningful and purposive as I knew at a time when appearances were declaring the exact opposite. My brain was full of doubts, but I knew with more than brain. God was there, that is all. Underneath were the everlasting arms. I felt the arms. I recognized the presence. God was there, that is the only way I can describe what I experienced. At the moment I was deepest down, I was also highest up. I knew Him not by believing in Him or reasoning through to Him. I simply knew Him.

God is not something you have sometimes, if

you work hard to find Him. He is in you, and you are in Him. You have Him in your heart, and He has you in His.

When you give yourself to life, you have not reasons for living, but life itself. When you give yourself to God, you have not thoughts about God, but God Himself.

How can you know God is? How can you know the world makes sense? How can you know there is a purpose in living? How can you know?

You can know God as you know the stars are shining on a cloudy night, as you know someone you love is in the next room.

Give yourself to life in love and with faith. For then you live not on the surface but at the heart of things. And the heart of things is the heart of God.

WAIT BEFORE WRITING

During the latter part of the Christmas season, the handling, transportation, and delivery of mail may be slowed, so please allow plenty of time for your Unity literature orders and the periodicals you regularly receive to reach you. While the Christmas mail congestion lasts into January, practically no mail is lost as a result. But delays do occur, so will you help us by waiting patiently for your literature to arrive? Thank you.

The following are excerpts from letters written to DAILY WORD. *We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use* DAILY WORD *and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.*

From Wyoming:

Sometime back I sent DAILY WORD to a boy who was leaving for Korea. The other day a young man walked up to me in the drugstore and said, "You are Mrs.——, are you not?" I said, "Yes." "Well," he said, "you sent DAILY WORD to me while I was away, and I want to thank you. It did a lot for me, and I let other boys read it too. I want to thank you for even thinking about me,

and it's the only help people can give you when you are in the army."

From California:

Please find inclosed $2 for DAILY WORD subscriptions. I think this is about fifty DAILY WORDS I've given in the time I've been with you. I am eighty-two years young and have a working job. You know it is nothing but God who is my life, my strength, my everything! People call me a wonder. I tell them, "There is a most wonderful Christ reigning in me."

From Michigan:

From December through February of last year I was on the verge of a complete physical and mental breakdown, and a lovely woman I met in the hospital sent me a subscription to DAILY WORD. I am sure that without this wonderful little book I would have long since been incapacitated. Each day's thought seems to be written directly "at" and for me, and I want to express my sincere appreciation to you and to the woman who sent me the subscription.

From Canada:

I have found such comfort and help in the pages of DAILY WORD. Often one arises with thoughts from the day before, which can start

one off feeling unhappy but DAILY WORD always has a message which one would think was meant entirely for him and his particular worry. It has helped me over so many difficult situations. I am a nurse, and so must definitely put my own feelings into the background. With God's message fresh in my mind as I start the day, I am able to bring to my patient not only patience and cheerfulness, but an assurance of God's love and care.

AN INVITATION

FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, Unity, WUX, Kansas City, Missouri, or BAltimore 1-4720, Kansas City, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

Sunday

JANUARY 1

"ONE THING I DO, FORGETTING THE THINGS WHICH ARE BEHIND . . . I PRESS ON TOWARD THE GOAL UNTO THE PRIZE OF THE HIGH CALLING OF GOD IN CHRIST JESUS."

THE FIRST day of a new year is a good time to reflect on our lives, to consider our growth and progress, and to set new goals for ourselves.

Because growth is the law of life, we are not the same persons that we were a year ago, we are not at the same place in consciousness. If we have formed the habit of writing out New Year's resolutions and saving them from year to year, we see as we look back on last year's resolutions how we have progressed. We see, too, how our aims and desires change, we see how we have grown in thought and understanding. And we are filled with new goals, new resolutions, new desires.

But there is one goal, one resolution that never changes, it is the goal that God has set in our hearts, it is the goal that Paul spoke of when he said, "One thing *I do* . . . I press on toward the goal unto the prize of the high calling of God in Christ Jesus."

♣ *One thing* I do.—PHIL. 3:13.

JANUARY 2

Monday

IN CHRIST I AM RADIANTLY ALIVE, JOYOUSLY FREE, ABUNDANTLY PROSPERED. IN CHRIST I MAKE A NEW BEGINNING.

THIS IS the time for a new beginning. I let go of the old thoughts and beliefs that have kept me from being radiantly alive, joyously free, abundantly prospered. I fill my mind with new and happy thoughts.

I enter into the new year with a greater consciousness of health and strength. I know that God's vitalizing life fills me completely, that in Him I am radiantly alive.

I enter into the new year freed from old habits and conditions that have bound me or kept me from experiencing the joy of living. In Christ I am joyously free!

I enter into the new year filled with faith in God as the source of my supply. No longer do I let myself be burdened with thoughts of lack. God continually pours out His blessings on me. I accept my good now.

♣ *For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing; and all the trees of the field shall clap their hands.*—ISA. 55:12.

Tuesday

JANUARY 3

I GIVE PERSEVERING ATTENTION TO THE WORK AT HAND, AND I AM BLESSED WITH THE JOY OF ACCOMPLISHMENT.

WE ALL know how much happier and freer we feel when we have given persevering attention to the work at hand, when we have completed some task perfectly and on time. There is no task so routine or menial that it does not deserve our careful attention if it is up to us to perform it. A careless, indifferent attitude toward our work only leaves us feeling restless and tired, even when we have not really expended any energy or thought in the doing of it.

So no matter what is before us this day, let us put our thought and interest into the doing of it. Let us give it our careful and persevering attention. As we do this we shall find that we are blessed with an inner sense of peace and well-being, with an inner sense of the joy of accomplishment.

Let us give thanks that through God's Spirit in us we have wisdom, ability, and staying power.

♣ *Seest thou a man diligent in his business? he shall stand before kings.*—PROV. 22:29.

JANUARY 4

Wednesday

I AM FILLED AND THRILLED WITH DIVINE ENERGY, STRENGTH, AND POWER.

MOST OF us greet our friends with the words, "How are you?" If we were to ask ourselves this moment, "How are you?" what would our answer be?

As an experiment try answering this question with the words, "I am filled and thrilled with divine energy, strength, and power!" How does it make you feel? Does not everything in you respond affirmatively to this suggestion?

If you are feeling wonderful as you read this lesson, the saying of these words will make you feel even more wonderful. If you need to feel stronger, more alive, more vital, the saying of these words will help to lift your thought and feeling to a new consciousness of strength and life, and your body will feel the effect.

All through this day remind yourself, "I am filled and thrilled with divine energy, strength, and power." You will feel results in your mind and body. You will prove the power of life-giving words for yourself.

♣ *That ye may be strengthened with power through his Spirit in the inward man.*—EPH. 3:16.

Thursday

THY LIGHT AND THY TRUTH GUIDE ME.

If there is any situation in my life that is unresolved, I am not disturbed about it. I place it in God's care, and I rely on His light and His truth to guide me.

Where humanly I cannot see the way, I have all faith in the Spirit within me to bring me through, to guide me in ways known and unknown, to make the crooked places straight, to make light the dark places.

I think about my life and affairs, I think about the things that are before me this day, and I silently affirm, "Thy light and Thy Truth guide me."

I trust all the issues of my life to the loving guidance and direction of the Father, and I keep my mind and my heart open and receptive to His wisdom and light.

I know that even before I can ask, "What shall I do?" the Spirit of truth within me has the answer ready. In every need, in every time of questioning, I listen and learn. Thy light and Thy Truth guide me.

✤ *Oh send out thy light and thy truth; let them lead me.*—PSALMS 43:3.

Friday

THE FORGIVING LOVE OF JESUS CHRIST IS EXPRESSED THROUGH ME, AND I AM TRULY FORGIVING.

MANY times we think we have forgiven someone because we do not retaliate if he is unkind or unjust or unloving toward us. But if we are holding on to any feeling of hurt, if we remember with resentment what someone has said or done, we have not truly forgiven. Forgiveness, to be complete, means a complete erasure of even the memory of hurt or injustice.

Forgiveness is accomplished only through the power of love. So if we are to be truly forgiving we need to go beyond the letter of the law and pour out love upon all. The forgiving love of Christ, expressing itself through us, bids us to love the unloving person, to bless the embittered person, to praise the good in all. When our hearts are established in the forgiving love of Christ we experience a heavenly peace.

✤ *If therefore thou art offering thy gift at the altar, and there rememberest that thy brother hath aught against thee . . . first be reconciled to thy brother, and then come and offer thy gift.*—MATT. 5:23, 24.

Saturday

THROUGH CHRIST IN ME I AM UNFETTERED, UNBOUND, FREE SPIRIT.

TODAY I will let this thought of freedom be to me as wings are to the bird; I will let it lift me above problems and troubles, above any belief in bondage. I will soar to new spiritual heights on the wings of prayer, on the wings of the realization of myself as unfettered, unbound, free spirit.

Have I felt bound to some circumstance? Through Christ in me I am unfettered, unbound, free spirit! Have I felt frustrated in my attempts at self-expression, in my efforts toward successful living? Through Christ in me I am unfettered, unbound, free spirit! Have I been fearful of the disapproval of other persons, have I felt inferior or unworthy? Through Christ in me I am unfettered, unbound, free spirit! Have I longed to be free from some habit, have I prayed for strength of spirit and of will? Through Christ in me I am unfettered, unbound, free spirit!

My heart is light, my spirit is free; my whole being is filled with praise and rejoicing.

♣ *If therefore the Son shall make you free, ye shall be free indeed.*—JOHN 8:36.

Sunday

I DEDICATE THIS DAY TO PEACE.

MY HEART is at peace. All unloving, restless, critical, or troubled feelings are now transformed and uplifted by the love of Christ that fills my heart. My emotions are calm and unruffled, my spirit is light and happy, my heart is singing a song of joy.

My mind is at peace. My thinking is clear and logical, my reasoning is sound. There is no confusion of thought, for the clear, untroubled Mind of Christ illumines my mind. I know that whatever I need to know will be revealed to me.

My body is at peace. I am relaxed, I am free from stress and strain. I feel the loving, harmonizing life of God flowing through me, I feel the current of life renewing and revitalizing me. I feel completely well, completely whole, completely at peace in every part of my body.

My world is at peace. Peace permeates my every human relation and radiates from me to bless all people. I bless my own life with peace; I bless the world and world leaders with my prayers for peace.

I dedicate this day to peace.

♣ *Blessed are the peacemakers.*—MATT. 5:9.

Monday

JANUARY 9

TODAY, TO EVERY PERSON AND CONDITION IN MY LIFE I SILENTLY SAY, "GOD BLESS YOU."

ALL through this day let us remember to bless everything and everyone in our lives. We can begin wherever we are, whatever we are doing to pour out the blessing of our love and praise. Are we behind office desks? Are there letters to be read and answered? Before we read this mail and consider it, let us bless it, and bless ourselves in the wise handling of every matter that presents itself. Are we homemakers, are there beds to be made, dishes to be washed, children to be cared for? As we bless our homes, ourselves, our tasks, everything seems to go more smoothly, more happily, everything seems to get done in a more orderly way. Are we waiting on customers, serving the public in some manner? Our silent thought of blessing will make every transaction a happy one.

There is something freeing and joy-giving in the very act of blessing. We cannot even think the words "God bless you" about anyone or anything without feeling happier and closer to God ourselves.

♣ *I will bless thee . . . and be thou a blessing.*—GEN. 12:2.

Tuesday

I REFUSE TO GOSSIP. I AM CENTERED AND POISED IN TRUTH AND LOVE.

WE have all known persons who seemed to be veritable centers of gossip and contention. Perhaps they themselves did not originate the gossip or contention but they acted as listening posts and repeated the things they heard.

None of us want to be a center of gossip or contention, and we need not be. As we decide in our own minds and hearts that we will be a center of Truth and love we will know how to deal lovingly but firmly with the gossiper, the talebearer. We will be able to keep our own poise, our own conviction of the innate goodness of people, we will be able to bring a blessing into every situation that is brought to our attention.

When we are centered and poised in Truth and love we are not disturbed by what anyone says, our faith in God and in our fellow human beings remains unshaken. We pour out a blessing upon all.

♣ *As much as in you lieth, be at peace with all men. . . . Be not overcome of evil, but overcome evil with good.*—ROM. 12:18, 21.

GOD IS HEALING ME NOW.

This lesson is written as a special healing blessing from Silent Unity. Accept it for yourself if you need healing, or use these words to bless someone for whom you are praying.

BELOVED, you are a child of God, created in His image and fashioned after His likeness. God's life is in every cell of your body; His spirit permeates you through and through.

There is no condition beyond God's power to heal. Nothing is impossible with Him. Do you know that God is not far from you, that "closer is He than breathing, and nearer than hands and feet"? In God you live, and move, and have your being, and His will for you is life and health—perfect, radiant, vital life and health! God's own Spirit is in you, raising you up, filling you with light and understanding, pouring His joy through your being, strengthening your heart.

Beloved, you are a child of God, and He is healing you now!

✤ *The prayer of faith shall save him that is sick, and the Lord shall raise him up.*—JAMES 5:15.

Thursday

I MEET EVERY CHANGE WITH UNCHANGING FAITH IN GOD.

A CHANGE of environment, a change of work, a change in our way of life need not disturb us or cause any feeling of anxiety or tension. We are not called on to make changes unless we are ready for them. Even though one part of us may long for things to remain as they are, the self of us that is on the forward, upward path welcomes newness. Let us not listen to the fears and misgivings that may want to crowd into our minds; let us listen to the Spirit in us that tells us that we are capable, that we have the qualities that are needed to take us forward.

When we remember that wherever we are God is, no environment seems strange to us, we do not feel alone or without friends. God is where we are. His Spirit is in us and His Spirit is in the persons about us.

The capabilities that are ours from God enable us to meet the demands of a new work or a new way of life with a flexible, happy spirit, to enter into new experiences willingly and joyously. Let us give thanks for a change as a chance to grow.

♣ *Whither shall I go from thy Spirit.*—PSALMS 139:7.

Man Song

A bird is a song
with feathers all around it—
And, amazingly, I've found it
true that man, too,
is built around a song!
Its notes are
Wisdom
Love
Giving
Power
Joy
Living
and Peace. . . . . All these
and more
belong to that great song
that man is to sing.

SIG PAULSON

O Man,

thou Son of God,

then sing—

Sing till the vibrant heavens ring

with joyous melody

And all creation is hushed and still

in wondrous ecstasy!

GOD IS MY ALL-PROVIDING GOOD, AND I DWELL SECURELY IN HIS LOVE.

IN ORDER to have an inner feeling of security we need to establish ourselves in the idea of God as a loving, all-providing Father. The more we depend on Him, the greater will be our feeling of security, and the more successful we shall become in handling our affairs.

It has been said, "If God *is* for us, who *is* against us?" We are children of God and as such we have access to Him at all times and under all circumstances. God is "for us," His will for us is good, and nothing can stand in the way of the manifestation of this good in our lives.

"Your Father knoweth what things ye have need of, before ye ask him." God is never apart from us, and by the nature of our being we are never apart from Him. He is a loving Father who has made provision for our well-being and security. Through prayer and meditation we realize that God is our all-providing good.

They shall prosper that love thee.
Peace be within thy walls,
And prosperity within thy palaces.
—PSALMS 122:6, 7.

Saturday

WE LIVE ETERNALLY IN THE LOVING PRESENCE OF GOD.

OUR FAITH assures us that those who have passed beyond our physical vision live on in the loving presence of God. His kindly light continues to illumine every step of their way in the new experiences that await them.

Surely, because God makes us to feel so at home in this world, those who go through the change called death feel at home in their new state of consciousness. God's infinite mercy knows no bounds. There is no condemnation in Him for past mistakes. His loving grace forgives us and sets us free, and continually offers new opportunities for beginning again.

The Father who knows our every need never leaves us. Knowing this we are lifted out of grief or loss or sorrow. We know that our dear ones are safe with Him, that they live eternally in the loving presence of God, and we have no fear concerning them. We release them joyously into the care of the omnipresent loving God, in the assurance that all is well.

♣ *Whether we live therefore, or die, we are the Lord's.* —ROM. 14:8.

Sunday

I PRAY IN FAITH, KNOWING THAT GOD WILL NOT FAIL ME NOR FORSAKE ME.

WHATEVER is before me, whatever I long to accomplish, I pray in faith for a greater realization of strength, power, and ability. I know that because God's Spirit is in me, I am divinely capable.

In all things, prayer is my first step. Through prayer I rise in thought and spirit, I am filled with faith and courage, I am open and receptive to right plans of action. The faith that prayer generates in my mind and heart gives me the impetus I need; through prayer I overcome doubt and trepidation.

The faith that God will not fail me nor forsake me is my support and my strong stay. Even though I cannot see my way in some situation, I take one step at a time in faith, and I find that the way becomes light before me, that it becomes easy and successful for me.

All things are possible to me as I stay close to God in prayer. So I pray and act, knowing that God is with me all the way.

♣ *I will not fail thee, nor forsake thee. Be strong and of good courage.*—JOSH. 1:5.

Monday

I RELEASE THE SPIRITUAL POWER WITHIN ME INTO CONSTRUCTIVE THOUGHT AND ACTIVITY, AND DIVINE ORDER IS ESTABLISHED IN ALL THAT CONCERNS ME.

IN EVERY experience, even one that seems devastating, order can be brought forth, and the perfect balance of our lives restored. There is never any situation that cannot be made right, there is never a time when we cannot seize the opportunity to begin again, there is never a need that is without its perfect fulfillment in God.

Today let us refresh our faith in God's divine order at work in our lives and affairs. Let us affirm that divine order is now established in all that concerns us, and let us release the spiritual power that lies within us into constructive and productive thought and activity.

Divine order is the right state of affairs in our lives. When our lives are in divine order, then we are healthy, happy, prosperous, productive, and we are fulfilling God's high purpose for us. And divine order is possible to us, because we are God's creatures, filled with His might, warmed by His love, illumined by His Spirit.

♣ *I will make straight all his ways.*—ISA. 45:13.

IN THE STILLNESS OF PRAYER CHRIST MAKES HIS PRESENCE KNOWN.

HOW DOES Christ come to me? How does He make His presence known? In the still hush of prayer Christ comes to me. He makes His presence known as peace that descends upon me silently and cloaks me with a mantle of new life. He makes His presence known as light and comprehension in my mind. He makes His presence known as strength and perfection in my body.

Lovingly and tenderly He speaks to me in ways that I can understand. He soothes and comforts my troubled heart. He stills my anxious, fearful thoughts. He dispels my weariness. He lifts every burden and care from me.

When I become still in prayer I am aware of the Christ. I know that I abide in Him and He abides in me. I cherish this realization. Wherever I am Christ is with me. Whatever I do Christ is with me. Christ walks with me and talks with me. Christ comes to me and makes His presence known.

✤ *Lo, I am with you always, even unto the end of the world.*—MATT. 28:20.

Wednesday

THE LIFE OF GOD IS CONTINUALLY RENEWING EVERY CELL OF MY BODY.

THE LIFE of God is present in every cell of my body. This life is a renewing life; it is continually at work renewing every organ, fiber, muscle, nerve, bone, gland of my body.

Age does not limit or defeat the renewing life of God. This renewing process is going on in me regardless of age. As long as I believe that God's life is present in every cell of my body, as long as I believe that strength, wholeness, and vitality are God's will for me, I flow along with the current of life, my body is continually renewed and revitalized.

I give up all belief in age or illness; I no longer give the power of my thought to disease. I declare that God is renewing every cell and atom of my being. I give thanks this moment for body-building energies throughout my body temple and for a resurgence of new strength.

Bless Jehovah, O my soul . . .
Who healeth all thy diseases;
Who redeemeth thy life from destruction . . .
So that *thy youth is renewed like the eagle.*
—PSALMS 103:1, 3, 4, 5.

Thursday

JANUARY 19

I AM A RADIATING CENTER OF THE CHRIST LOVE, MIGHTY TO ATTRACT MY GOOD AND TO RADIATE GOOD TO OTHERS.

An open letter to myself:

WHAT IF someone did pass you on the street without speaking! Why jump to the conclusion that this person does not like you, why let your feelings be hurt? What if it does seem that your intentions and motives have been misunderstood or misconstrued in some situation! Does it help to brood or sulk or feel unhappy? What if you have been criticized or talked about in a way that seems to you to be unjust, unkind, or unfair! Does it help matters to be filled with anger, resentment, or bitterness?

You really have a larger spirit than this! You really know that in the over-all picture these matters are too small to count. You know that your real desire is to be Christlike, to be loving, to have spiritual stature. You have a spirit that cannot be hurt, that cannot brood, that cannot be unhappy, that cannot know anger, resentment, or bitterness. You have the Christ Spirit.

♣ *Walk in love.*—EPH. 5:2.

Friday

GOD IS THE ONLY PRESENCE AND POWER WITHIN ME AND ROUND ABOUT ME. I AM SAFEGUARDED BY HIS LOVE FOREVER.

THE LOVING presence of God is with me now, within me and round about me. I am completely immersed in the loving presence of God, and so I have no fear.

His omnipresent wisdom illumines my consciousness. His perfect ideas guide me every step of my way.

His omnipresent life fills every cell of my body with radiant vitality.

His harmonizing love ever infolds my world and constantly maintains order in all my affairs.

With every breath I take I breathe in His life-giving substance. With every breath I exhale I breathe forth His love to the world.

I am filled and surrounded with the protecting light, the strength-giving joy, the healing peace of God, the omnipresent Father.

Whether I walk on the mountaintop or in the valley, no harm can befall me, for I am safeguarded by His love forever.

♣ *In him we live, and move, and have our being.* —ACTS 17:28.

Saturday

MY JUSTICE COMES FROM GOD, AND I TRUST HIM TO BRING MY OWN TO ME.

GOD IS LOVE and God is justice. He is continually working in and through me and all my affairs. Even though it may seem that I am being unjustly treated, I will not hold to thoughts of injustice. I know that what is truly mine can never be taken from me.

My good comes from God. My life and affairs are His loving responsibility, and He adjusts and makes all things right in my life. With my faith firmly established in God's law of love and justice I attract easily and harmoniously the things that really belong to me and that are necessary to my happiness and well-being.

My mind and heart are filled with God's love, and I have faith that all things are working together for my highest good.

Today and every day I express God's love and justice toward all persons and I attract love and justice to myself.

The mouth of the righteous talketh of wisdom,
And his tongue speaketh justice.
The law of his God is in his heart.

—PSALMS 37:30, 31.

Sunday

TODAY I AM A FRIEND TO EVERYONE I MEET.

THE JOYS of friendship are among the most precious fruits of all human relations. Friends lighten our burdens, increase our happiness, and enrich our lives in many ways.

Most of us would give a great deal to have more friends, but how often we miss rich friendship experiences simply because we hesitate to be friendly to others. We may feel that there is not enough time or that we are too shy to be friendly.

Friendship is an attitude of heart and mind, and today I resolve to be a friend to everyone I meet. Remembering that everyone wants friends, I will be the first to offer a cheery greeting, a warm handshake, and a sincere smile.

There are no strangers in God's sight. There are no strangers in my life. Although I may not be acquainted with the personal identity of someone I have never met before, I know his true identity. I know that he is a child of God. I will not pass up any opportunity to learn to know another child of God.

Today I am a friend to everyone I meet.

♣ *A friend loveth at all times.*—PROV. 17:17.

Monday

JANUARY 23

I MAKE DECISIONS FEARLESSLY AND CONFIDENTLY, FOR CHRIST IN ME IS THE WAY.

CHRIST IN me is the way out of every dilemma. Always, no matter what perplexities confront me, His voice speaks from my heart, "I am the way." If there is the appearance of ill-health in my body and my prayers do not seem to be taking effect, I relax my tense efforts and listen to Christ within me saying to me, "I am the way." I consciously surrender my body into His healing care and know that His healing work is being done in and through me.

If personality entanglements arise and seem too complicated for solution, I stop racking my brain for the answer and listen to the Christ within me saying, "I am the way." I place all situations in His loving care and trust in His adjusting love to reveal right answers to me.

No matter what is before me that needs to be decided upon, I do not let any sense of inadequacy discourage or delay me. I stand still, right where I am, and listen to Christ within me saying "I am the way."

♣ *I am the way, and the truth, and the life.*—JOHN 14:6.

JANUARY 24

Tuesday

THE SPIRIT OF COURAGE BEARS ME UP, AND I GO FORWARD REJOICING.

As I greet the dawn of a new day I let go of the doubt, fear, and discouragement of the night. I give myself instead to the spirit of courage, which is my divine birthright. My Father has not created me to be a creature of burden and darkness, but a child of freedom and light.

I now claim my heritage of freedom, light, and courage through becoming very still within and acknowledging the Christ indwelling. Christ is my light. Christ is my strength. Christ is my courage. Repeating this over and over, I am filled with a new awareness of my true self, the strong, radiant, powerful, spiritual self of me, which God created.

God has endowed me with a wonderful spirit of courage that sees me through every situation, through every experience in life. I go forward in faith, rejoicing!

Passing through the valley of Weeping they make it a place of springs . . .
They go from strength to strength.

—PSALMS 84:6, 7.

Wednesday

JANUARY 25

I AM NOT AFRAID, FOR THE LORD IS THE STRENGTH OF MY LIFE.

APPEARANCES cannot frighten me. Within me is a spirit that is greater than anything that confronts me. Within me are strength, faith, and courage that are indomitable, stable, firm.

I now call on this inner spirit of strength and power to come forth and lift me into new awareness of my divine authority and sonship. I know that the Spirit of Christ, strong within me, is mighty to lift me up. I know that God in the midst of me is mighty to heal, to correct, to renew, to prosper, and to save.

As I quiet all fears, as I decree that the Lord is the strength of my life, I am filled with calm assurance. I know that God is in charge. I am no longer afraid, for I know that the Lord is the strength of my life. I cannot fear, for God's strength renews my courage and sets me on high.

Jehovah is my light and my salvation;
Whom shall I fear?
Jehovah is the strength of my life;
Of whom shall I be afraid?

—PSALMS 27:1.

Thursday

CHRIST IS A WELCOME GUEST IN MY HEART AND HOME TODAY.

"BEHOLD, I stand at the door and knock: if any man hear my voice and open the door, I will come in to him, and will sup with him." I open my heart to Christ today; I open my home to love today. Christ is my welcome guest. Christ brings peace and joy; where His Spirit is a spirit of happiness prevails.

Christ is the welcome guest at every family gathering. His Spirit creates harmony and peace; His Spirit prompts considerateness and graciousness, courtesy and kindness.

Christ is the welcome guest in family discussions; the welcome arbiter in family decisions. He smooths the way, He reveals right answers. He promotes understanding and co-operation.

Because the loving Christ is in my home, a spirit of beauty and order shines in it. His presence inspires loving care of my home, His Spirit bids me give loving thought to the members of my family.

Christ is a welcome guest in my home today, and His love fills us all.

♣ *Behold, I stand at the door and knock.*—REV. 3:20.

I LOVE TO USE MY GOD-GIVEN POWERS AND ABILITIES.

MOST OF us are tempted to procrastinate when we have something to do that demands preparation on our part, something that calls for concentrated effort and thought. We find endless reasons for not getting down to business.

But all of us have had the experience of overcoming the habit of procrastination, and we know how happy and relieved we feel when we have actually put forth the effort that is required of us.

When we procrastinate, something in us seems to say, "I do not want to do it now." Perhaps one of the best ways of answering this voice is to tell ourselves, "I love to use my God-given powers and abilities." It is always easy to do the thing we love to do; in fact we rush to do the thing we love to do. So if we have something before us to do that our spirit seems unwilling to begin, love can lift our spirit, love can carry us forward into successful accomplishment. We have a loving spirit, therefore we have a willing spirit, a spirit that is willing to do what needs to be done, now.

♣ *Now is the acceptable time.*—II COR. 6:2.

Saturday

I AM PATIENT WITH MYSELF AND OTHERS. I HAVE FAITH THAT GOD IS AT WORK, UNFOLDING HIS GOOD PURPOSES IN ME AND IN MY LIFE.

"IN YOUR patience possess ye your souls." To possess our souls we must learn patience. No one possesses his soul or enjoys his world who lives in an agitated, impatient state of mind because conditions are not just to his liking.

As desirable and necessary as patience is, most of us have to work at learning to be patient. We must learn to be patient with ourselves when it takes more time and more effort than we had hoped to make some desired overcoming or attainment. We must learn to be patient with others when they are slow to understand or respond, when their ideas and behavior create tensions.

How do we learn patience? By affirming it, practicing it, educating ourselves to it.

Why is it important to learn patience? Because in our patience we possess our souls, which is the only way to live in peace and calm, and to fully partake of the adventure of growth.

♣ *In your patience possess ye your souls.*—LUKE 21:19 (A.V.).

THE JOY OF THE LORD IS A WELLSPRING WITHIN ME.

MY JOY comes from the eternal not from the external. The joy of the Lord is a wellspring within me that continually bubbles up within me. The joy of the Lord is constant, it is unfailing, it is ever renewing. The joy of the Lord is not lessened by events in the external world; it is not destroyed by sad happenings, it is not defeated by seeming failure. The joy of the Lord flows from the fountainhead to me and fills me through and through. If ever I feel downhearted for any reason, I will remember that joy is in me, that joy is with me, that at the heart of things is joy. Joy is of the spirit, as love is of the spirit. I do not have to manufacture joy or to create joy. I only have to tune myself in to joy, I only have to speak a word of joy to call forth a joyous spirit. The joy of the Lord, the joy of life is so strong, so endlessly flowing, that even a moment of black depression can be transformed in a twinkling when joy is called upon.

Weeping may tarry for the night,
But joy cometh *in the morning.*
—PSALMS 30:5.

Monday

I AM TRULY GRATEFUL FOR EVERYTHING IN MY LIFE, FOR IN ALL THINGS I AM EVER AWARE OF THE LOVING PRESENCE OF GOD.

THERE IS much that is good in my life, and everywhere I turn I see evidence of God's love at work. As I look back and trace the thread of my existence I gratefully acknowledge that all of it has somehow been for my highest good.

I may not be able to discern where each road leads, but I rejoice in the realization that the loving Father who has guided me thus far will guide me lovingly forever. Therefore only good can await me at every turn of the road. Even when there are delays and postponements, I pause gratefully, knowing that divine wisdom is at hand, working out all things in the way that is best, and at just the right time my good will bear fruit. I am grateful that the loving Father is planning my way, and in every challenge that presents itself I look for the blessings and the lessons it holds for me. In all things I am ever aware of the loving presence of God.

♣ *And we know that to them that love God all things work together for good.*—ROM. 8:28.

TODAY IS A NEW DOOR OPENING TO A NEW LIFE.

EVERY NEW DAY that dawns is like a new door opening to a new life. I accept the challenge of the new day. I think of myself as leaving yesterday behind, as going through an open and inviting door to new and greater good.

Have I had fears, have I doubted my ability, have I believed in ill-health, in lack? I shut these doors behind me now, and I go through the door of today with a new spirit, a new heart, a new mind.

In this new day that opens before me now I come to life. I begin to live with more energy and enthusiasm than ever before. I call on the latent powers and energies that are within me, I put more wisdom and intelligence into the accomplishment of my tasks. I trust with a greater trust, I walk with a surer step. I am lifted up and I lift up others through my new spirit, my new faith.

✤ *Behold . . . my chosen, in whom my soul delighteth: I have put my Spirit upon him . . . He will not fail nor be discouraged . . . Behold, the former things are come to pass, and new things do I declare.*—ISA. 42:1, 4, 9.

In Your Bookstore Soon

About the middle of February, Hawthorn Books, Inc. of New York City will publish *The Unity Treasure Chest,* a generous-sized collection of the finest in Unity literature. Favorite Unity authors whose work will appear in the book include Charles and Myrtle Fillmore, H. Emilie Cady, Lowell Fillmore, Dana Gatlin, Gardner Hunting, Frank B. Whitney, James Dillet Freeman, Emmet Fox, Clara Beranger, Ernest C. Wilson, and many others.

Wherever *The Unity Treasure Chest* is on display in a bookstore, it will bring the name and message of Unity before the eyes of many persons who may not have been familiar with it. We appreciate the wonderful opportunity that this presents to us to make many new friends and thus perform a larger spiritual service, and we know that you would like to have a part in assuring a widespread display of the book. To make sure that your local bookseller will carry *The Unity Treasure Chest,* it will help if you will ask him now when he will have it in stock. Will you co-operate in this way? Thank you.

Announcing

A NEW BIRTHDAY BOOKLET!

The first Unity birthday greeting booklet, *God Bless Your Birthday,* was developed in answer to many requests from Unity friends for a booklet to be sent in place of the conventional birthday card. Response to this booklet has been so enthusiastic that Unity has now published another birthday booklet.

Entitled *Your Birthday Promise,* the new booklet includes nine inspiring meditations based on the popular poem "This Is the Year," by Russell E. Kemp. Perhaps you are familiar with this poem which begins:

"Wonderful, wonderful, fortunate you,
This is the year that your dreams come true!"

Your Birthday Promise has a beautiful full-color cover, and it is priced at only 10 cents a copy, or 12 copies for $1.

UNITY CENTERS

If you would like to attend a Unity center, consult your phone directory, or write to Unity's Field Department for the location of the Unity center nearest you.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

You Are Invited

TO JOIN IN THE 1956 UNITY LENTEN PROGRAM

Unity believes we can keep Lent best by denying ourselves not things but negative thoughts and by worshiping the victorious Christ with study, prayer, and an earnest attempt to be more like Him. The book *Keep a True Lent* can help you observe Lent in this way, for it contains a complete course of Lenten lessons by Charles Fillmore.

Keep a True Lent contains forty-seven inspiring lessons, one for each day of Lent from Ash Wednesday, February 15, to Easter Sunday, April 1. In addition, it has a foreword by Georgiana Tree West, one of Unity's most popular authors, that discusses the Unity approach to Lent; interesting facts about Lent and its origin; and seventeen wonderful introductory chapters by Charles Fillmore to prepare you for your Lenten study.

Keep a True Lent is priced at only $1, and with it you will receive without charge a copy of *The Lenten Guide,* a booklet especially written to accompany this book. Lent begins February 15, so order soon. (If you already have the book, Unity will be happy to send you the free guide on request.)

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

A New Serial

FOR YOUNG PEOPLE

The three serials about the Conroy family that have appeared in *You*, Unity's magazine for young people, have been received with great enthusiasm; and many letters have come in asking to hear still more about the Conroys. Therefore, the editor of *You* is happy to announce that a new Conroy serial is now ready.

"Paul Conroy Finds the Answer"

Entitled "Paul Conroy Finds the Answer," the new serial starts in the January number of *You;* and it was written, of course, by Alma Robison Higbee, who wrote the former Conroy stories. In the new serial, one of Paul Conroy's friends is suspected of being a thief, and Paul has to turn detective to try to clear his friend's name. There are other exciting complications, too, that make this serial fascinating reading for teen-agers.

Besides the new serial, *You* also has short stories, articles, poems, photographs, and feature departments—all of which are carefully selected not only for up-to-the-minute interest but also for character-building quality. Any boy or girl in the teens will enjoy *You*, and get valuable advice from it. The magazine is priced at $1 for a full year's subscription.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

MAKE YOUR RESOLUTIONS COUNT

Resolution time is here again. It is time again to "turn over a new leaf," as the fine old saying has it. And we ought to do so, right now as the new year begins. It is a wonderful fact about life that, no matter how many new starts we have made in the past, we can still always begin again. And each new beginning puts us a step nearer the perfect life we seek.

The book *Beginning Again,* by Frank B. Whitney, was written especially to help its readers make a new start. *Beginning Again* is dedicated to those "who would emerge out of an old world into a new; who would catch a new vision and thereby find inspiration, hope, and courage; who will accept peace, health, and plenty." Its seven chapters discuss new beginnings in human relations, finances, health, prayer, and other subjects close to daily living. And each chapter is introduced by one of Mr. Whitney's poems and a page of Bible passages.

Beginning Again will give you courage to make new and higher resolutions, and it will help you attain the strength and faith necessary to keep them. Rich in wisdom and inspiration, *Beginning Again* is perfect for New Years' reading. It is priced at $1 a copy.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

From What a Small Seed

JAMES DILLET FREEMAN

From what a small seed grows so great a tree!
Dear God, there is such a small seed in me,
There is in me a hunger and a need
To put down roots of faith that I may feed
Upon the unseen rivers of Your love,
A never-ceasing urge to reach above
Myself, to put on spiritual height,
To grow up straight and lithe into Your light.
How tall are redwoods! But what is the span
Of spirit? the dimensions of a man
Made in Your likeness? To that I must aspire,
Must always go down deeper, come up higher,
Till I am anchored in You, You my ground
And You the light with which my life is crowned.

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